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Bass Fitness

AN EXERCISING HANDBOOK

BY JOSQUIN DES PRES



Recommended by world acclaimed bass players, music schools and music magazines.

Preface

The purpose of this book is to provide the aspiring bass player with a wide variety of finger exercises indispensable to anyone wanting to develop the technique necessary to succeed in today's music scene. It can also play a very important role in a bass player's daily practicing program.

This book is dedicated to the memory of my father, **Francois Turenne des Pres** (May 4, 1907 / November 29, 1990) for his lifelong support and infinite inspiration, and **David Paul Schuchman**, (November 2, 1960 / September 1, 1989). His encouragement and help gave me the initial force in writing it.

Josquin des Pres

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These exercises are designed to help increase your speed, improve your dexterity, develop accuracy and promote finger independence.

Even though all the tablature and finger combinations apply to the left hand, they will also work your right hand as some of them require swift and precise right hand moves.

The numbers on the tablatures indicate both frets and fingers:

Number 1 indicates the index finger as well as fret 1.

Number 2 indicates the middle finger as well as fret 2.

Number 3 indicates the ring finger as well as fret 3.

Number 4 indicates the little finger as well as fret 4.

Practice daily, playing each exercise **for at least 15 minutes** before moving on to the next one.

Play each exercise up and down, then move up chromatically in half steps (a half step equals one fret). Starting at fret 1 up to the 12th fret and back down.

Always use a metronome, playing 8th notes (2 notes per metronome click). Start at the **slowest indicated speed**, **concentrate on your sound**, then gradually speed up.

When crossing over strings be as precise as possible by watching alternatively your left and right hand.

Part A

Exercises with all 4 fingers moving across the fingerboard

SECTION ONE

$\text{♩} = 60/180$

UP

1

T
A
B

1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4

DOWN

T
A
B

1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4

UP

2

T
A
B

2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1

DOWN

T
A
B

2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1

UP

3

T
A
B

3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2

DOWN

T
A
B

3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2

UP

4

T
A
B

4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3

DOWN

T
A
B

4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3

$\text{♩} = 60/180$

UP

5

1 4 3 2 1 4 3 2 1 4 3 2 1 4 3 2

DOWN

1 4 3 2 1 4 3 2 1 4 3 2 1 4 3 2

UP

6

2 1 4 3 2 1 4 3 2 1 4 3 2 1 4 3

DOWN

2 1 4 3 2 1 4 3 2 1 4 3 2 1 4 3

UP

7

3 2 1 4 3 2 1 4 3 2 1 4 3 2 1 4

DOWN

3 2 1 4 3 2 1 4 3 2 1 4 3 2 1 4

UP

8

4 3 2 1 4 3 2 1 4 3 2 1 4 3 2 1

DOWN

4 3 2 1 4 3 2 1 4 3 2 1 4 3 2 1

♩ = 60/180

UP

9

DOWN

UP

10

DOWN

UP

11

DOWN

UP

12

DOWN

Part B

Exercises with 1 finger remaining in the same position and 3 moving across the fingerboard

$\text{♩} = 60/180$

UP

13

DOWN

UP

14

DOWN

UP

15

DOWN

UP

16

DOWN

$$\text{♩} = 60/180$$

UP

17 

DOWN

DOWN

1 4 3 2 1 4 3 2 1 1 4 3 2 4 3 2

UP

18

T
A
B

2 1 4 3 3 2 1 4 3 2 1 4 3 2

DOWN

DOWN

2 1 4 3 2 1 4 3 2 2 1 4 3

UP

19

Exercise 19 is in bass clef, 4/4 time. The melody is written on a single staff and consists of eighth and quarter notes. The bass line is written on a single staff and consists of quarter notes.

T
A
B

3 2 1 4 3 2 1 4 3 2 1 4 3

2 1 4 2 1 4 2 1 4

DOWN

[illegible]

UP

20

4 3 2 1 4 3 2 1 4 3 2 1 4 3 2 1

DOWN

The musical notation for the bass line of 'The Rose Tree' is shown in a single system. It features a bass clef and a 4/4 time signature. The melody is written on a single staff with a key signature of one flat (B-flat). The notes are: G2 (quarter), A2 (quarter), B-flat2 (quarter), A2 (quarter), G2 (quarter), F2 (quarter), E2 (quarter), D2 (half). The first measure is a whole note G2. The second measure is a quarter note A2. The third measure is a quarter note B-flat2. The fourth measure is a quarter note A2. The fifth measure is a quarter note G2. The sixth measure is a quarter note F2. The seventh measure is a quarter note E2. The eighth measure is a half note D2. The first measure is a whole note G2. The second measure is a quarter note A2. The third measure is a quarter note B-flat2. The fourth measure is a quarter note A2. The fifth measure is a quarter note G2. The sixth measure is a quarter note F2. The seventh measure is a quarter note E2. The eighth measure is a half note D2.

$\text{♩} = 60/180$

UP

21

DOWN

UP

22

DOWN

UP

23

DOWN

UP

24

DOWN

Part C

Exercises with 2 fingers remaining in the same position and 2 moving across the fingerboard

♩ = 60/180

UP

25

1 2 3 4 1 2 3 4 1 2 3 4

DOWN

1 2 3 4 1 2 3 4 1 2 3 4

UP

26

2 3 4 1 2 3 4 1 2 3 4 1

DOWN

2 3 4 1 2 3 4 1 2 3 4 1

UP

27

3 4 1 2 3 4 1 2 3 4 1 2

DOWN

3 4 1 2 3 4 1 2 3 4 1 2

UP

28

4 1 2 3 4 1 2 3 4 1 2 3

DOWN

4 1 2 3 4 1 2 3 4 1 2 3

$\text{♩} = 60/180$

UP

29

3 2 1 4 1 4 3 2 1 4

DOWN

[illegible]

UP

30

T
A
B

2 1 4 3 2 1 4 3 2 1 2 1 2 1

DOWN

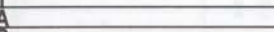
UP

31

The musical score for exercise 31 consists of two staves. The top staff is a bass clef staff in 4/4 time, containing a melodic line with eighth and quarter notes, including accidentals (sharps and flats). The bottom staff is a guitar staff with a treble clef, showing a sequence of fret numbers (3, 2, 1, 4, 3, 2, 1, 4, 3, 2, 3, 2) and a 'T' (trill) symbol above the first measure.

DOWN

UP

32 

DOWN

Musical notation for Exercise 6-10, Bass Clef. The key signature has two flats (B-flat and E-flat), and the time signature is 4/4. The melody consists of eighth notes and quarter notes. Below the staff are fingerings for the thumb (T) and index (A) fingers, as well as breath marks (B). Fingerings include sequences like 4 3 2 1 4 3 2 1 and 4 3 4 3 2 1.

Part C

$\text{♩} = 60/180$

UP

33

1 4 2 3 1 4 2 3 2 3

DOWN

1 4 2 3 1 4 2 3 1 4 1 4 2 3 2 3

UP

34

2 3 1 4 2 3 1 4 1 4 1 4

DOWN

2 3 1 4 2 3 1 4 2 3 2 3 1 4 1 4

UP

35

3 2 4 1 3 2 4 1 4 1 4 1

DOWN

3 2 4 1 3 2 4 1 3 2 3 2 4 1 4 1

UP

36

4 1 3 2 4 1 3 2 3 2 3 2

DOWN

4 1 3 2 4 1 3 2 4 1 4 1 3 2 3 2

Part D

Exercises with 3 fingers remaining in the same position and 1 moving across the fingerboard

♩ = 60/180

UP

37

DOWN

UP

38

DOWN

UP

39

DOWN

UP

40

DOWN

$$\text{♩} = 60/180$$

UP

[illegible]

DOWN

UP

42

T
A
B

2 1 4 3 2 1 4 3 2 1 4 3 2 1 4

DOWN

[illegible]

UP

43

T
A
B

3 2 1 4 3 2 1 4 3 2 1 3 2 1 3 2 1

DOWN

[illegible]

UP

[illegible]

DOWN

[illegible]

$\text{♩} = 60/180$

UP

45

T
A
B

1 4 2 3 1 4 2 3

DOWN

T
A
B

1 4 2 3 1 4 2 3

UP

46

T
A
B

2 3 1 4 2 3 1 4

DOWN

T
A
B

2 3 1 4 2 3 1 4

UP

47

T
A
B

3 2 4 1 3 2 4 1

DOWN

T
A
B

3 2 4 1 3 2 4 1

UP

48

T
A
B

4 1 3 2 4 1 3 2

DOWN

T
A
B

4 1 3 2 4 1 3 2

Part A

Variations of the exercises contained in Section 1

SECTION TWO

$\text{♩} = 60/180$

UP

49

DOWN

UP

50

DOWN

UP

51

DOWN

UP

52

DOWN

♩ = 60/180

UP

53

3 4 1 2 3 4 1 2 3 1 2 3 1 2 3 1 2

DOWN

3 4 1 2 3 4 1 2 3 1 2 3 1 2 3 1 2

UP

54

3 4 1 2 3 4 1 2 3 4 2 3 4 2 3 4 2

DOWN

3 4 1 2 3 4 1 2 3 4 2 3 4 2 3 4 2

UP

55

4 3 2 1 4 3 2 1 4 2 1 4 2 1 4 2 1

DOWN

4 3 2 1 4 3 2 1 4 2 1 4 2 1 4 2 1

UP

56

4 3 2 1 4 3 2 1 4 3 1 4 3 1 4 3 1

DOWN

4 3 2 1 4 3 2 1 4 3 1 4 3 1 4 3 1

Part A

Violin and Viola

$\text{♩} = 60/180$

UP

57

1 2 3 4 1 2 3 4 1 4 1 4

DOWN

1 2 3 4 1 2 3 4 1 4 1 4

UP

58

2 1 4 3 2 1 4 3 2 3 2 3

DOWN

2 1 4 3 2 1 4 3 2 3 2 3

UP

59

3 4 1 2 3 4 1 2 3 2 3 2

DOWN

3 4 1 2 3 4 1 2 3 2 3 2

UP

60

4 3 2 1 4 3 2 1 4 1 4 1

DOWN

4 3 2 1 4 3 2 1 4 1 4 1

Exercises alternating direction, with all 4 fingers moving across the fingerboard

SECTION

UP

DOWN

UP

DOWN

UP

DOWN

UP

DOWN

21

Part B

Exercises alternating direction, with 1 finger remaining in the same position and 3 moving across the fingerboard

$\text{♩} = 60/180$

UP

65

DOWN

UP

66

DOWN

UP

67

DOWN

UP

68

DOWN

Part C

Exercises alternating direction, with 2 fingers remaining in the same position and 2 moving across the fingerboard

$\text{♩} = 60/180$

UP

69

DOWN

UP

70

DOWN

UP

71

DOWN

UP

72

DOWN

Part D

Exercises alternating direction, with 3 fingers remaining in the same position and 1 moving across the fingerboard

♩ = 60/180

UP

73

DOWN

UP

74

DOWN

UP

75

DOWN

UP

76

DOWN

SECTION FOUR

$\text{♩} = 60/180$

UP

77

DOWN

UP

78

DOWN

UP

79

DOWN

UP

80

DOWN

♩ = 60/180

UP

81

3 4 2 1 3 4 2 1 3 2 1 3 2 1 4 4

DOWN

3 4 2 1 3 4 2 1 3 2 1 3 2 1 4 4

UP

82

3 4 2 1 3 4 2 1 3 4 1 3 4 1 2 2

DOWN

3 4 2 1 3 4 2 1 3 4 1 3 4 1 2 2

UP

83

4 3 1 2 4 3 1 2 4 1 2 4 1 2 3 3

DOWN

4 3 1 2 4 3 1 2 4 1 2 4 1 2 3 3

UP

84

4 3 1 2 4 3 1 2 4 3 2 4 3 2 1 1

DOWN

4 3 1 2 4 3 1 2 4 3 2 4 3 2 1 1

$\text{♩} = 60/180$

UP

85

T
A
B

1 2 4 3 1 2 4 3 1 2 4 3 1 3

DOWN

The musical notation for Exercise 6-10 is written on a bass staff in 4/4 time. The key signature has one flat (B-flat). The melody consists of eighth notes and quarter notes. Below the staff, there are two rows of fingerings: the top row shows thumb (T) and index (I) fingerings, and the bottom row shows middle (M) and ring (R) fingerings.

UP

86

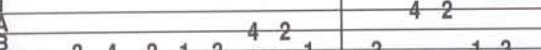
86

T
A
B

2 1 3 4 2 1 3 4 | 2 1 3 4 2 1 3 4

DOWN

UP

87 

DOWN

UP

[illegible]

DOWN

Exercises for skipping frets, with all 4 fingers moving across the fingerboard

$$\text{♩} = 60/180$$

89

1 3 2 4 1 3 2 4 1 3 2 4 1 3 2 4

90

Fingering: T A B 2 4 1 3 2 4 1 3 2 4 1 3

[illegible]

91

T
A
B

3 1 4 2 3 1 4 2 3 1 4 2 3 1 4 2

The musical notation shows a bass line in 4/4 time. The key signature has one flat (B-flat). The melody consists of eighth notes and quarter notes. Below the staff, there are three rows of tablature labeled T, A, and B. The numbers 3, 1, 4, 2 are written above the first two measures of each row, indicating fret positions.

92

[illegible]

Part B

Exercises for skipping frets, with 1 finger remaining in the same position and 3 moving across the fingerboard

♩ = 60/180

UP

93

DOWN

UP

94

DOWN

UP

95

DOWN

UP

96

DOWN

Part C

Exercises for skipping frets, with 2 fingers remaining in the same position and 2 moving across the fingerboard

♩ = 60/180

UP

97

DOWN

UP

98

DOWN

UP

99

DOWN

UP

100

DOWN

Part D

Exercises for skipping frets, with 3 fingers remaining in the same position and 1 moving across the fingerboard

♩ = 60/180

UP

101

DOWN

UP

102

DOWN

UP

103

DOWN

UP

104

DOWN

Part A

Exercises for skipping frets, alternating direction, with all 4 fingers moving across the fingerboard

SECTION SIX

$\text{♩} = 60/180$

UP

105

T
A
B

1 3 4 2 1 3 4 2

DOWN

T
A
B

1 3 4 2 1 3 4 2

UP

106

T
A
B

2 4 3 1 2 4 3 1

DOWN

T
A
B

2 4 3 1 2 4 3 1

UP

107

T
A
B

3 1 2 4 3 1 2 4

DOWN

T
A
B

3 1 2 4 3 1 2 4

UP

108

T
A
B

4 2 1 3 4 2 1 3

DOWN

T
A
B

4 2 1 3 4 2 1 3

Part B

Exercises for skipping frets, alternating direction, with 1 finger remaining in the same position and 3 moving across the fingerboard

$\text{♩} = 60/180$

UP

109

109

1 3 4 2 1 3 4 2 1 3 4 2 1

DOWN

[illegible]

UP

[illegible]

DOWN

DOWN

T 2 4 3 1 2 4 3 1 2 2

A 4 3 1 4 3 1 4 3 1

B 4 3 1 4 3 1

UP

111

T
A
B

3 1 2 4 3 1 2 4 3 3

1 2 4 1 2 4

DOWN

[illegible]

UP

112

T
A
B

4 2 1 3 4 2 1 3 4 2 1 3 4

2 1 3 2 1 3

4 4

DOWN

Part C

Exercises for skipping frets, alternating direction, with 2 fingers remaining in the same position and 2 moving across the fingerboard

$\text{♩} = 60/180$

UP

113

T
A
B

1 3 4 2 1 3 4 2 1 3 1 3

DOWN

T
A
B

1 3 4 2 1 3 4 2 1 3 1 3

UP

114

T
A
B

2 4 3 1 2 4 3 1 2 4 2 4

DOWN

T
A
B

2 4 3 1 2 4 3 1 2 4 2 4

UP

115

T
A
B

3 1 2 4 3 1 2 4 3 1 3 1

DOWN

T
A
B

3 1 2 4 3 1 2 4 3 1 3 1

UP

116

T
A
B

4 2 1 3 4 2 1 3 4 2 4 2

DOWN

T
A
B

4 2 1 3 4 2 1 3 4 2 4 2

Part D

Exercises for skipping frets, alternating direction, with 3 fingers remaining in the same position and 1 moving across the fingerboard

 $\text{♩} = 60/180$

UP

117

T
A
B

1 3 4 2 1 3 4 2

1 3 4 1 3 4

2 2

DOWN

[illegible]

UP

118

Musical score for exercise 118. The top staff is in bass clef with a key signature of one flat (B-flat) and a time signature of 4/4. It contains two measures of music. The first measure has a whole note chord consisting of F#2, G#2, A2, Bb2, C3, D3, E3, and F#3. The second measure has a whole note chord consisting of G#2, A2, Bb2, C3, D3, E3, F#3, and G#3. Below the staff are three staves labeled T, A, and B. Staff T shows fingerings: 1 for the first measure and 1 for the second measure. Staff A shows fingerings: 2 4 3 1 2 4 3 1 for the first measure and 2 4 3 2 4 3 for the second measure. Staff B shows fingerings: 2 4 3 1 2 4 3 1 for the first measure and 2 4 3 2 4 3 for the second measure.

DOWN

The musical notation for the bass line of "The Sound of Silence" is shown in 4/4 time. The key signature has one flat (B-flat). The melody consists of eighth and quarter notes, with some beamed eighth notes. The notes are: G2, A2, Bb2, C3, D3, E3, F3, G3, A3, Bb3, C4, D4, E4, F4, G4, A4, Bb4, C5, D5, E5, F5, G5, A5, Bb5, C6, D6, E6, F6, G6, A6, Bb6, C7, D7, E7, F7, G7, A7, Bb7, C8, D8, E8, F8, G8, A8, Bb8, C9, D9, E9, F9, G9, A9, Bb9, C10, D10, E10, F10, G10, A10, Bb10, C11, D11, E11, F11, G11, A11, Bb11, C12, D12, E12, F12, G12, A12, Bb12, C13, D13, E13, F13, G13, A13, Bb13, C14, D14, E14, F14, G14, A14, Bb14, C15, D15, E15, F15, G15, A15, Bb15, C16, D16, E16, F16, G16, A16, Bb16, C17, D17, E17, F17, G17, A17, Bb17, C18, D18, E18, F18, G18, A18, Bb18, C19, D19, E19, F19, G19, A19, Bb19, C20, D20, E20, F20, G20, A20, Bb20, C21, D21, E21, F21, G21, A21, Bb21, C22, D22, E22, F22, G22, A22, Bb22, C23, D23, E23, F23, G23, A23, Bb23, C24, D24, E24, F24, G24, A24, Bb24, C25, D25, E25, F25, G25, A25, Bb25, C26, D26, E26, F26, G26, A26, Bb26, C27, D27, E27, F27, G27, A27, Bb27, C28, D28, E28, F28, G28, A28, Bb28, C29, D29, E29, F29, G29, A29, Bb29, C30, D30, E30, F30, G30, A30, Bb30, C31, D31, E31, F31, G31, A31, Bb31, C32, D32, E32, F32, G32, A32, Bb32, C33, D33, E33, F33, G33, A33, Bb33, C34, D34, E34, F34, G34, A34, Bb34, C35, D35, E35, F35, G35, A35, Bb35, C36, D36, E36, F36, G36, A36, Bb36, C37, D37, E37, F37, G37, A37, Bb37, C38, D38, E38, F38, G38, A38, Bb38, C39, D39, E39, F39, G39, A39, Bb39, C40, D40, E40, F40, G40, A40, Bb40, C41, D41, E41, F41, G41, A41, Bb41, C42, D42, E42, F42, G42, A42, Bb42, C43, D43, E43, F43, G43, A43, Bb43, C44, D44, E44, F44, G44, A44, Bb44, C45, D45, E45, F45, G45, A45, Bb45, C46, D46, E46, F46, G46, A46, Bb46, C47, D47, E47, F47, G47, A47, Bb47, C48, D48, E48, F48, G48, A48, Bb48, C49, D49, E49, F49, G49, A49, Bb49, C50, D50, E50, F50, G50, A50, Bb50, C51, D51, E51, F51, G51, A51, Bb51, C52, D52, E52, F52, G52, A52, Bb52, C53, D53, E53, F53, G53, A53, Bb53, C54, D54, E54, F54, G54, A54, Bb54, C55, D55, E55, F55, G55, A55, Bb55, C56, D56, E56, F56, G56, A56, Bb56, C57, D57, E57, F57, G57, A57, Bb57, C58, D58, E58, F58, G58, A58, Bb58, C59, D59, E59, F59, G59, A59, Bb59, C60, D60, E60, F60, G60, A60, Bb60, C61, D61, E61, F61, G61, A61, Bb61, C62, D62, E62, F62, G62, A62, Bb62, C63, D63, E63, F63, G63, A63, Bb63, C64, D64, E64, F64, G64, A64, Bb64, C65, D65, E65, F65, G65, A65, Bb65, C66, D66, E66, F66, G66, A66, Bb66, C67, D67, E67, F67, G67, A67, Bb67, C68, D68, E68, F68, G68, A68, Bb68, C69, D69, E69, F69, G69, A69, Bb69, C70, D70, E70, F70, G70, A70, Bb70, C71, D71, E71, F71, G71, A71, Bb71, C72, D72, E72, F72, G72, A72, Bb72, C73, D73, E73, F73, G73, A73, Bb73, C74, D74, E74, F74, G74, A74, Bb74, C75, D75, E75, F75, G75, A75, Bb75, C76, D76, E76, F76, G76, A76, Bb76, C77, D77, E77, F77, G77, A77, Bb77, C78, D78, E78, F78, G78, A78, Bb78, C79, D79, E79, F79, G79, A79, Bb79, C80, D80, E80, F80, G80, A80, Bb80, C81, D81, E81, F81, G81, A81, Bb81, C82, D82, E82, F82, G82, A82, Bb82, C83, D83, E83, F83, G83, A83, Bb83, C84, D84, E84, F84, G84, A84, Bb84, C85, D85, E85, F85, G85, A85, Bb85, C86, D86, E86, F86, G86, A86, Bb86, C87, D87, E87, F87, G87, A87, Bb87, C88, D88, E88, F88, G88, A88, Bb88, C89, D89, E89, F89, G89, A89, Bb89, C90, D90, E90, F90, G90, A90, Bb90, C91, D91, E91, F91, G91, A91, Bb91, C92, D92, E92, F92, G92, A92, Bb92, C93, D93, E93, F93, G93, A93, Bb93, C94, D94, E94, F94, G94, A94, Bb94, C95, D95, E95, F95, G95, A95, Bb95, C96, D96, E96, F96, G96, A96, Bb96, C97, D97, E97, F97, G97, A97, Bb97, C98, D98, E98, F98, G98, A98, Bb98, C99, D99, E99, F99, G99, A99, Bb99, C100, D100, E100, F100, G100, A100, Bb100, C101, D101, E101, F101, G101, A101, Bb101, C102, D102, E102, F102, G102, A102, Bb102, C103, D103, E103, F103, G103, A103, Bb103, C104, D104, E104, F104, G104, A104, Bb104, C105, D105, E105, F105, G105, A105, Bb105, C106, D106, E106, F106, G106, A106, Bb106, C107, D107, E107, F107, G107, A107, Bb107, C108, D108, E108, F108, G108, A108, Bb108, C109, D109, E109, F109, G109, A109, Bb109, C110, D110, E110, F110, G110, A110, Bb110, C111, D111, E111, F111, G111, A111, Bb111, C112, D112, E112, F112, G112, A112, Bb112, C113, D113, E113, F113, G113, A113, Bb113, C114, D114, E114, F114, G114, A114, Bb114, C115, D115, E115, F115, G115, A115, Bb115, C116, D116, E116, F116, G116, A116, Bb116, C117, D117, E117, F117, G117, A117, Bb117, C118, D118, E118, F118, G118, A118, Bb118, C119, D119, E119, F119, G119, A119, Bb119, C120, D120, E120, F120, G120, A120, Bb120, C121, D121, E121, F121, G121, A121, Bb121, C122, D122, E122, F122, G122, A122, Bb122, C123, D123, E123, F123, G123, A123, Bb123, C124, D124, E124, F124, G124, A124, Bb124, C125, D125, E125, F125, G125, A125, Bb125, C126, D126, E126, F126, G126, A126, Bb126, C127, D127, E127, F127, G127, A127, Bb127, C128, D128, E128, F128, G128, A128, Bb128, C129, D129, E129, F129, G129, A129, Bb129, C130, D130, E130, F130, G130, A130, Bb130, C131, D131, E131, F131, G131, A131, Bb131, C132, D132, E132, F132, G132, A132, Bb132, C133, D133, E133, F133, G133, A133, Bb133, C134, D134, E134, F134, G134

UP

119

TAB

3 1 2 4 3 1 2 4 3 1 2 3 1 2

DOWN

[illegible]

UP

120

T
A
B

4 2 1 3 4 2 1 3

4 2 1 4 2 1

DOWN

Part A

Exercises for moving between strings

SECTION SEVEN

$\text{♩} = 60/180$

UP

121

DOWN

UP

122

DOWN

UP

123

DOWN

UP

124

DOWN

♩ = 60/180

UP

125

1 2 4 3 1 2 4 3 1 2 4 3 1 2 4 3

DOWN

1 2 4 3 1 2 4 3 1 2 4 3 1 2 4 3

UP

126

2 1 3 4 2 1 3 4 2 1 3 4 2 1 3 4

DOWN

2 1 3 4 2 1 3 4 2 1 3 4 2 1 3 4

UP

127

3 4 2 1 3 4 2 1 3 4 2 1 3 4 2 1

DOWN

3 4 2 1 3 4 2 1 3 4 2 1 3 4 2 1

UP

128

4 3 1 2 4 3 1 2 4 3 1 2 4 3 1 2

DOWN

4 3 1 2 4 3 1 2 4 3 1 2 4 3 1 2

Part B

Exercises for skipping strings

♩ = 60/180

UP

129

DOWN

UP

130

DOWN

UP

131

DOWN

UP

132

DOWN

♩ = 60/180

UP

133

DOWN

UP

134

DOWN

UP

135

DOWN

UP

136

DOWN

Part A

Exercises for moving back and forth between strings

SECTION EIGHT

$\text{♩} = 60/180$

UP

137

DOWN

UP

138

DOWN

UP

139

DOWN

UP

140

DOWN

Part B

Exercises for moving back and forth between strings, alternating direction

$\text{♩} = 60/180$

UP

141

DOWN

UP

142

DOWN

UP

143

DOWN

UP

144

DOWN

Part C

Exercises for skipping back and forth between strings

$\text{♩} = 60/180$

UP

145

T
A
B

2 4 1 3 2 4 1 3

1 3 2 4 1 3 2 4

DOWN

UP

146

Fingering: T 1 3 2 4 1 3 2 4; B 2 4 1 3 2 4 1 3

DOWN

UP

147

4 2 3 1 4 2 3 1 4 2

DOWN

3 1 4 2 | 3 1 4 2

4 2 3 1 | 4 2 3 1

UP

148

Musical notation for exercise 148, featuring a bass clef, 4/4 time signature, and a key signature of one flat. The melody consists of eighth notes and quarter notes. Below the staff are three rows of fingerings labeled T, A, and B.

T
A
B

Fingerings:
T: 3 1 4 2 3 1 4 2
A: 4 2 3 1 4 2 3 1
B: 4 2 3 1 4 2 3 1

DOWN

Part D

Exercises for skipping back and forth between strings alternating direction

$\text{♩} = 60/180$

UP

149

DOWN

UP

150

DOWN

UP

151

DOWN

UP

152

DOWN

Part A

Finger independence exercises centered around finger #1 (upward motion)

SECTION

NINE

$\text{♩} = 60/180$

UP

153

1 2 1 3 1 4

DOWN

1 2 1 3 1 4

UP

154

1 2 1 3 1 4

DOWN

1 2 1 3 1 4

♩ = 60/180

UP

155

1 2 1 4 1 3 1 2 1 4 1 3 1 2 1 4 1 2 1 4

DOWN

1 2 1 4 1 3 1 2 1 4 1 3 1 2 1 4 1 2 1 4

UP

156

1 2 1 4 1 3 1 2 1 4 1 3 1 2 1 4 1 2

DOWN

1 2 1 4 1 3 1 2 1 4 1 3 1 2 1 4 1 2

UP

DOWN

UP

DOWN

[illegible]

$$\text{♩} = 60/180$$

UP

UP

159

UP

1 3 1 4 1 2 1 3 1 4 1 2 1 3 1 4 1 3 1 4

DOWN

UP

160

1 3 1 4 1 2 1 3 1 4 1 2 1 3 1 4 1 2

DOWN

The musical score for 'The Rose Tree' is written in 3/4 time. The bass line is in the bass clef, and the vocal parts are in the treble clef. The key signature has one flat (B-flat). The score consists of four measures. The bass line starts with a B-flat, followed by a series of eighth and quarter notes. The vocal parts enter in the second measure with a melody of eighth and quarter notes. The Tenor (T), Alto (A), and Bass (B) parts are indicated by the letters T, A, and B respectively. The lyrics 'The Rose Tree' are written below the vocal parts.

1 3 1 4 1 2 1 3 1 4 1 2 1 3 1 3

The Rose Tree

♩ = 60/180

UP

161

1 4 1 3 1 2

DOWN

1 4 1 3 1 2

UP

162

1 4 1 3 1 2

DOWN

1 4 1 3 1 2

♩ = 60/180

UP

163

1 4 1 2 1 3 1 4 1 2 1 3 1 4 1 2 1 4 1 2

DOWN

1 4 1 2 1 3 1 4 1 2 1 3 1 4 1 2 1 4 1 2

UP

164

1 4 1 2 1 3 1 4 1 2 1 3 1 4 1 4

DOWN

1 4 1 2 1 3 1 4 1 2 1 3 1 4 1 4

Part B

Finger independence exercises centered around finger #1 (downward motion)

$\text{♩} = 60/180$

UP

165

2 1 3 1 4 1 | 2 1 3 1 4 1 | 2 1 3 1 4 1 | 2 1 3 1 4 1

DOWN

2 1 3 1 4 1 | 2 1 3 1 4 1 | 2 1 3 1 4 1 | 2 1 3 1 4 1

UP

166

2 1 3 1 4 1 | 2 1 3 1 4 1 | 2 1 3 1 4 1 | 2 1 3 1 4 1

DOWN

2 1 3 1 4 1 | 2 1 3 1 4 1 | 2 1 3 1 4 1 | 2 1 3 1 4 1

♩ = 60/180

UP

167

2 1 4 1 3 1 2 1 4 1 3 1 2 1 4 1 2 1 4 1

DOWN

2 1 4 1 3 1 2 1 4 1 3 1 2 1 4 1 2 1 4 1

UP

168

2 1 4 1 3 1 2 1 4 1 3 1 2 1 4 1 3 1 2 1 4 1 3 1

DOWN

2 1 4 1 3 1 2 1 4 1 3 1 2 1 4 1 3 1 2 1 4 1 3 1

♩ = 60/180

UP

169

$$\bullet = 60/180$$

UP

UP

171

The musical score for the 171st measure is written in bass clef with a 3/4 time signature. The melody consists of four measures of music. The first measure contains six eighth notes: G2, A2, B2, A2, G2, and F2. The second measure contains four eighth notes: E2, D2, C2, and B1, followed by a quarter rest. The third measure contains four eighth notes: A1, G1, F1, and E1, followed by a quarter rest. The fourth measure contains four eighth notes: D1, C1, B0, and A0, followed by a quarter rest. Below the staff, the fingering is indicated by numbers 1 through 4. The first measure has fingering 3, 1, 4, 1, 2, 1. The second measure has fingering 3, 1, 4, 1, 2, 1. The third measure has fingering 3, 1, 4, 1, 2, 1. The fourth measure has fingering 3, 1, 4, 1, 2, 1.

DOWN

[illegible]

UP

172

3 1 4 1 2 1 | 3 1 4 1 2 1 | 3 1 4 1 2 1 | 3 1 4 1 2 1

DOWN

[illegible]

♩ = 60/180

UP

173

4 1 3 1 2 1 4 1 3 1 2 1 4 1 3 1 2 1 4 1 3 1 2 1

DOWN

4 1 3 1 2 1 4 1 3 1 2 1 4 1 3 1 2 1 4 1 3 1 2 1

UP

174

4 1 3 1 2 1 4 1 3 1 2 1 4 1 3 1 2 1 4 1 3 1 2 1

DOWN

4 1 3 1 2 1 4 1 3 1 2 1 4 1 3 1 2 1 4 1 3 1 2 1

♩ = 60/180

UP

175

4 1 2 1 3 1 4 1 2 1 3 1 4 1 2 1 4 1 2 1

DOWN

4 1 2 1 3 1 4 1 2 1 3 1 4 1 2 1 4 1 2 1

UP

176

4 1 2 1 3 1 4 1 2 1 3 1 4 1 2 1 3 1 4 1 2 1 3 1

DOWN

4 1 2 1 3 1 4 1 2 1 3 1 4 1 2 1 3 1 4 1 2 1 3 1

Part A

Finger independence exercises centered around
finger #4 (upward motion)

SECTION TEN

$\text{♩} = 60/180$

UP

177

1 4 3 4 2 4 1 4 1 4 3 4 2 4 1 4 1 4 3 4 2 4 1 4 3 4 2 4

DOWN

1 4 3 4 2 4 1 4 1 4 3 4 2 4 1 4 1 4 3 4 2 4 1 4 3 4 2 4

UP

178

1 4 3 4 2 4 1 4 1 4 3 4 2 4 1 4 2 4 1 4 2 4 1 4

DOWN

1 4 3 4 2 4 1 4 1 4 3 4 2 4 1 4 1 4 3 4 1 4 3 4

♩ = 60/180

UP

179

1 4 3 4 2 4 1 4 | 1 4 3 4 2 4 1 4 | 1 4 3 4 2 4 1 4 | 1 4 3 4 2 4 1 4

DOWN

1 4 3 4 2 4 1 4 | 1 4 3 4 2 4 1 4 | 1 4 3 4 2 4 1 4 | 1 4 3 4 2 4 1 4

UP

180

1 4 2 4 3 4 1 4 | 1 4 2 4 3 4 1 4 | 1 4 2 4 3 4 1 4 | 1 4 2 4 3 4 1 4

DOWN

1 4 2 4 3 4 1 4 | 1 4 2 4 3 4 1 4 | 1 4 2 4 3 4 1 4 | 1 4 2 4 3 4 1 4

Part A

$\text{♩} = 60/180$

UP

181

1 4 2 4 3 4 1 4 1 4 2 4 3 4 1 4 1 4 2 4 1 4 2 4

DOWN

1 4 2 4 3 4 1 4 1 4 2 4 3 4 1 4 1 4 2 4 1 4 2 4

UP

182

1 4 2 4 3 4 1 4 1 4 2 4 3 4 1 4 2 4 3 4 1 4 2 4 3 4 1 4

DOWN

1 4 2 4 3 4 1 4 1 4 2 4 3 4 1 4 1 4 2 4 3 4 1 4 1 4 2 4 3 4 1 4

♩ = 60/180

UP

183

1 4 2 4 1 4 3 4

DOWN

1 4 2 4 1 4 3 4

UP

184

1 4 2 4 1 4 3 4

DOWN

1 4 2 4 1 4 3 4

♩ = 60/180

UP

185

1 4 2 4 1 4 3 4 | 1 4 2 4 1 4 3 4 | 2 4 1 4 3 4 | 2 4 1 4 3 4

DOWN

1 4 2 4 1 4 3 4 | 1 4 2 4 1 4 3 4 | 2 4 1 4 3 4 | 2 4 1 4 3 4

UP

186

1 4 3 4 1 4 2 4 | 1 4 3 4 1 4 2 4 | 2 4 1 4 3 4 1 4 | 2 4 1 4 3 4 1 4

DOWN

1 4 3 4 1 4 2 4 | 1 4 3 4 1 4 2 4 | 2 4 1 4 3 4 1 4 | 2 4 1 4 3 4 1 4

♩ = 60/180

UP

187

1 4 3 4 1 4 2 4 1 4 3 4 1 4 2 4 1 4 3 4 1 4 3 4

DOWN

1 4 3 4 1 4 2 4 1 4 3 4 1 4 2 4 1 4 3 4 1 4 3 4

UP

188

1 4 3 4 1 4 2 4 1 4 3 4 1 4 2 4 3 4 1 4 2 4 3 4 1 4 2 4

DOWN

1 4 3 4 1 4 2 4 1 4 3 4 1 4 2 4 1 4 3 4 1 4 3 4 1 4 2 4

Part B

Finger independence exercises centered around finger #4 (downward motion)

$\text{♩} = 60/180$

UP

189

4 1 4 3 4 2 4 1

DOWN

4 1 4 3 4 2 4 1

UP

190

4 1 4 3 4 2 4 1

DOWN

4 1 4 3 4 2 4 1

♩ = 60/180

UP

191

4 1 4 3 4 2 4 1 4 1 4 3 4 2 4 1 4 3 4 2 4 1

DOWN

4 1 4 3 4 2 4 1 4 1 4 3 4 2 4 1 4 1

UP

192

4 1 4 2 4 3 4 1 4 1 4 2 4 3 4 1 4 1

DOWN

4 1 4 2 4 3 4 1 4 1 4 2 4 3 4 1 4 2 4 3 4 1 4 2 4 3

$\text{♩} = 60/180$

UP

193

4 1 4 2 4 3 4 1 4 1 4 2 4 3 4 1 4 3 4 1

4 1 4 2 4 1 4 2 4 1 4 2 4 1 4 2

DOWN

4 1 4 2 4 3 4 1 4 1 4 2 4 3 4 1 4 1 4 2

4 3 4 1 4 3 4 1 4 3 4 1 4 3 4 1

UP

194

4 1 4 2 4 3 4 1 4 1 4 2 4 3 4 1 4 2 4 3 4 1

4 1 4 1 4 1 4 1

DOWN

4 1 4 2 4 3 4 1 4 1 4 2 4 3 4 1 4 1

4 2 4 3 4 1 4 2 4 3 4 1 4 2 4 3 4 1 4 2 4 3 4 1

♩ = 60/180

UP

195

4 1 4 2 4 1 4 3

DOWN

4 1 4 2 4 1 4 3

UP

196

4 1 4 2 4 1 4 3

DOWN

4 1 4 2 4 1 4 3

$\text{♩} = 60/180$

UP

197

4 1 4 2 4 1 4 3 4 1 4 2 4 1 4 3 4 2 4 1 4 3 4 2 4 1 4 3

DOWN

4 1 4 2 4 1 4 3 4 1 4 2 4 1 4 3 4 1 4 2 4 1 4 3 4 1 4 2 4 1 4 3

UP

198

4 1 4 3 4 1 4 2 4 1 4 3 4 1 4 2 4 1 4 3 4 1 4 2 4 1 4 3 4 1 4 2

DOWN

4 1 4 3 4 1 4 2 4 1 4 3 4 1 4 2 4 1 4 3 4 1 4 2 4 1 4 3 4 1 4 2

♩ = 60/180

UP

199

4 1 4 3 4 1 4 2 4 1 4 3 4 1 4 2 4 1 4 3 4 1 4 2

DOWN

4 1 4 3 4 1 4 2 4 1 4 3 4 1 4 2 4 1 4 3 4 1 4 2

UP

200

4 1 4 3 4 1 4 2 4 1 4 3 4 1 4 2 4 3 4 1 4 2 4 3 4 1 4 2

DOWN

4 1 4 3 4 1 4 2 4 1 4 3 4 1 4 2 4 1 4 3 4 1 4 2

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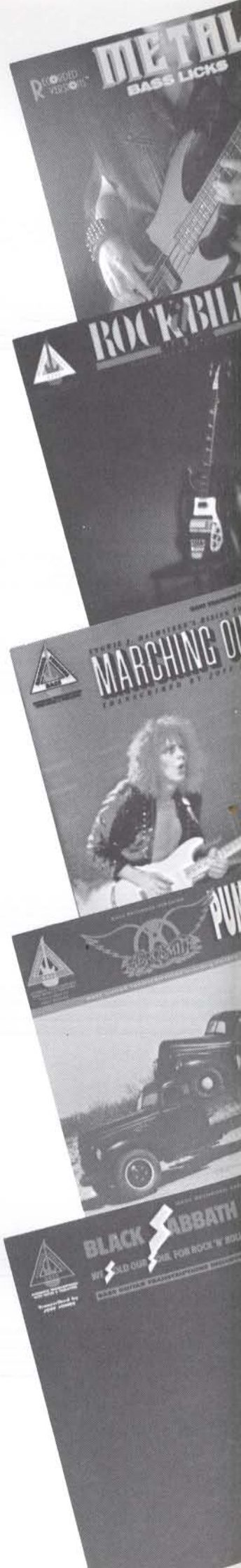
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Bass Fitness • AN EXERCISING HANDBOOK

Rich Appleman

(Berklee college of music, bass department chairman, Bass Player Magazine columnist)

"A very concise and comprehensive approach to the art of the finger exercise. A welcomed addition for the serious player's practice routine. We need more material like this for the electric bass."

Dale Titus

(BIT instructor, session player)

"This book is long overdue! If a bassist works through this book cover to cover, he should eliminate any weaknesses in either of his hands. A must for the serious player."

Rudy Sarzo

(Whitesnake, solo artist)

"Josquin's finger exercises are the perfect warm-ups for the studio and stage performance."

Bunny Brunel

(Herbie Hancock, Chick Corea, solo artist)

"200 ways to a greater technique. These are definitely some very good ideas to practice on your bass."

Jimmy Brown

(Guitar World, Guitar School Magazine, music editor)

"Never have I seen such a well organized comprehensive technique primer for the bass player. These exercises cover a wide range of technical requirements and difficulty levels that will benefit even the most advanced pro. Yet, they are presented in a simple, uniform format that even the greenest beginner will feel comfortable with."

Carmine Rojas

(Rod Stewart, Michael Bolton, session player)

"One of the best books I've seen yet for developing technique for a wide variety of music. Excellent for beginners and non-beginners."

Mark Egan

(Sting, Elements, Pat Metheny, Gil Evans, Solo Artist)

"Bass Fitness will definitely get you in shape for any musical situation. It's a long awaited thesaurus for finger exercises."

Barry Rudolph

(Music Connection, "new toyz" column)

"An aerobic workout for your fingers that will force you to ultimately become a better player."

Ron Garant

(Bassics Magazine)

"Whether you use these exercises to improve your finger dexterity or as warm ups, you will find them very helpful."

Karl Coryat

(Bass Player Magazine)

"If you're looking for a catalog of finger calisthenics, this book's for you!"

200

chromatic

finger exercises

designed to:

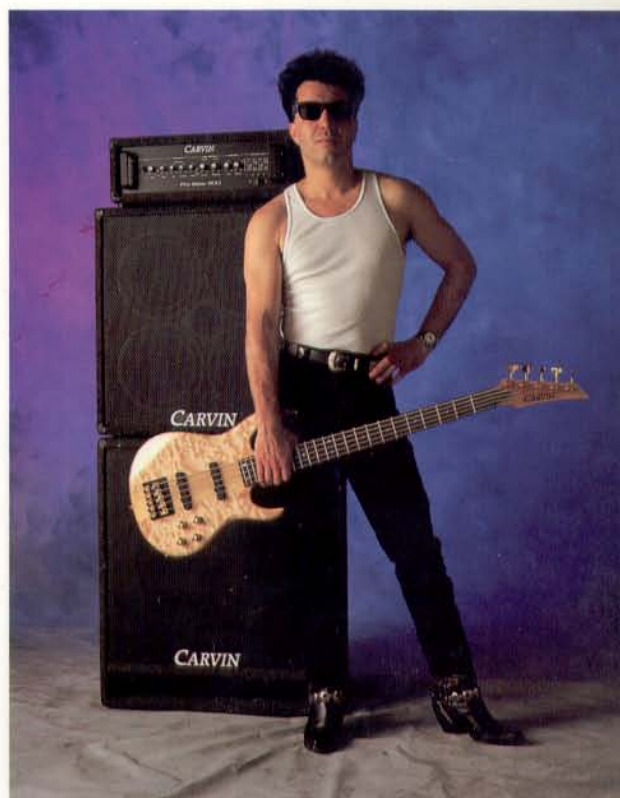
increase speed,

improve dexterity,

develop accuracy

and promote

finger independence



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